



February Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:05-7:05am		Get Lifted (Hannah)	Reach Your Peak Cycling Program*^{\$} (Jen)	Wake Up & Ride* (Amy)	Get Lifted (Hannah) Reach Your Peak Cycling Program*^{\$} (Jen)		
8:30-9:30am						Yoga (Sophie)	
9:15-10:15am	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)		S.I.T (Justin)	Board Meeting 2/9/2018 9:00am		
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)			
12:00-1:15pm			12:00-1:00pm Spin/HIIT (Aaron)		Gentle Yoga (Sophie)		
5:30-6:30pm	Lift the Barre (Hannah)	5:00pm Zumba (Endah) Spin* (Joel)	Strength & Conditioning (Chapin)				Reset & Restore Yoga (Karlie)
6:35-7:35pm	Power Yoga (Karlie)		Vinyasa/ Restorative Yoga (Sophie) 6:30-7:30pm Spin* (Aaron)	6:15-7:15pm Vinyasa Flow (Sophie)			

February Fitness News

Reach Your Peak Winter Training Program with Jennifer Sage

If you are a cyclist who wants to start this year's cycling season off with a bang, then you won't want to miss this 10-week winter training program. Jennifer Sage has been teaching indoor cycling for 21 years, and trains instructors around the world. We are proud to have Jennifer leading this program here at Homestead. She has led training programs at Homestead in the past, but what is different now is that we have bikes with accurate power meters. You will do an assessment to determine your functional threshold power (FTP) at the beginning and the end of the program, which will set your training zones. It provides an accurate benchmark to measure improvements. You will also learn your lactate threshold heart rate (LTHR) as a way to measure your response to training. The 10-week periodized program will focus on: aerobic threshold, muscular endurance, leg strength, cadence development, pedal stroke skills, FTP improvement, anaerobic power, mental strength techniques for cyclists. This group will meet on Wednesday and Friday mornings at 6:00am from February 14-April 20. Member price is \$325 for the 10 week program. Feel free to email Jennifer at jennifer@icafit.com if you have questions about the program, or call the front desk at 970-926-1067 to reserve your space!

Fitness Changes for February

- Zumba is changing times and will now be held from 5:00-6:00pm on Tuesdays, beginning on Tuesday, February 6.
- No evening fitness classes will be held on Monday, February 19, due to our annual meeting.



Fitness Class Descriptions

20/20/20 - An invigorating, fast paced fitness class that challenges your endurance. You will utilize various forms of fitness equipment totaling 20 minutes of intervals, 20 minutes of weights, and 20 minutes of core.

GENTLE YOGA—Gentle yoga is a class designed for the practitioner who is newer to yoga, recovering from an injury, or is looking for modifications to all postures. Our instructor creates a safe environment through alignment to explore your personal boundaries while building strength and flexibility. This practice excludes all inversions and extreme backbends.

GET LIFTED — Get Lifted is a new fitness class that will use a combination of plyometric exercises and lifting weights, keeping the heart rate up for an all around fat burning work out!

PILATES MAT CLASS - An exercise system focused on increasing flexibility and strength for the total body without building bulk. No apparatus is used during this class.

POWER YOGA – This powerful, energetic, playful flowing class has a strong emphasis on breath and allows beginners, intermediate and advanced students to be challenged in the same class. Expect to sweat and challenge yourself with movement and powerful, athletic postures, inventive and thoughtful sequences of sun salutations, standing and seated postures, back bending, and inversions guided by a steady breath to tone and calm the mind. Power Yoga flow will tone, strengthen and rinse your body, clear your mind and leave you with a sense of accomplishment and empowerment.

RESET & RESTORE YOGA — In this class, Karlie will teach 30 minutes of power yoga, followed by 30 minutes of restorative yoga. The perfect way to end your weekend!

SPIN - A cardio workout without comparison. All instructors incorporate climbing, intervals and steady state training. Guaranteed to make you sweat! Each instructor creates a different design for each class.

SPIN/HIIT — Take a break in your day to join Aaron for 30 minutes of spin followed by 30 minutes of high intensity interval training that combines fun and hard work into every work out. Challenge yourself to be a year round athlete with structured classes to help you succeed!

S.I.T.— **“Strength and Interval Training.”** Another high energy conditioning class utilizing the step, bo-su, weights and intervals to keep your heart pumping!

STRENGTH & CONDITIONING - This class incorporates free weights, kettlebells, medicine balls, and body weight exercises. This class blends movements that recruit multiple muscle groups with circuit training for a full body burn.

LIFT THE BARRE — This fast-paced and fun class provides a complete body workout and incorporates strengthening and toning of muscles, sustained cardio and intervals, barre work, and finishes with core work and stretching for a well-balanced total body workout!

VINYASA FLOW YOGA— In this yoga class the teacher will encourage you to synchronize your breath to the movement from one pose to the next on an inhale or an exhale. This style of yoga allows for a lot of variety, but you can expect movement, not just stretching.

VINYASA/RESTORATIVE — In a calm meditative atmosphere a half hour is spent stretching with your breath. The remaining time of class is given to guided meditation while exploring the range of motion of your spine supported by bolsters in gentle poses.

WAKE UP & RIDE WITH AMY — An intense cycling workout to get your day off to a great start .

ZUMBA — Zumba Fitness is the only Latin-inspired dance-fitness program that blends red-hot international music, and contagious steps to form a "fitness-party" that is downright addictive.